



# Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

## Detailed evaluation

Tröße, Renate

Club: SV TU Ilmenau

Total time: 29:42

Running performance: 12:22 min/km

Course: 2.40 km / 11 Controls

Category:

Damen ab 55

Rank in category: 4(of 7)

Best time in the category: 25:30

Behind: 4:12

## Intermediate times

| Controls | Split Time | Pos Cat. | Behind Cat. | Behind % | Total Time | Pos Cat. | Behind Cat. | Behind % |
|----------|------------|----------|-------------|----------|------------|----------|-------------|----------|
| 1 (35)   | 1:58       | 4        | 0:30        | 34.1     | 1:58       | 4        | 0:30        | 34.1     |
| 2 (34)   | 3:41       | 7        | 3:41        | -        | 5:39       | 4        | 5:39        | -        |
| 3 (44)   | 3:00       | 3        | 3:00        | -        | 8:39       | 4        | 8:39        | -        |
| 4 (70)   | 2:23       | 2        | 2:23        | -        | 11:02      | 4        | 11:02       | -        |
| 5 (35)   | 4:03       | 4        | 4:03        | -        | 15:05      | 4        | 15:05       | -        |
| 6 (37)   | 2:30       | 2        | 0:17        | 12.8     | 17:35      | 4        | 17:35       | -        |
| 7 (47)   | 2:13       | 1        | -           | -        | 19:48      | 4        | 19:48       | -        |
| 8 (35)   | 2:30       | 2        | 2:30        | -        | 22:18      | 4        | 22:18       | -        |
| 9 (33)   | 3:35       | 2        | 3:35        | -        | 25:53      | 4        | 25:53       | -        |
| 10 (59)  | 1:06       | 2        | 0:02        | 3.1      | 26:59      | 4        | 26:59       | -        |
| 11 (100) | 2:07       | 7        | 1:02        | 95.4     | 29:06      | 4        | 29:06       | -        |
| Finish   | 0:36       | 6        | 0:10        | 38.5     | 29:42      | 4        | 4:12        | 16.5     |